THINGS YOU CAN DO TO LIFT YOUR SPIRITS

Directions:

Make a list of five activities you can do to lift your spirits. Try to do one of the activities each day. Immediately after doing the activity, rate your mood from 1 (sad) to 10 (very happy). Do this every day for two weeks.

Activities:										
1)										
2)										
3)										
4)										
5)										
Day 1) Varia Activity										
Day 1) Your Activity:								0		1.0
Your Mood After The Activity:	1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 2) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 3) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 4) Your Activity:										
Your Mood After The Activity:	□ 1	\Box 2	\Box 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 5) Your Activity:										
Your Mood After The Activity:	□ 1	\Box 2	\Box 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 6) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10

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Day 7) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 8) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 9) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 10) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	- 7	□ 8	□ 9	□ 10
Day 11) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 12) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	□ 7	□ 8	□ 9	□ 10
Day 13) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	₋ 7	□ 8	□ 9	□ 10
Day 14) Your Activity:										
Your Mood After The Activity:	□ 1	□ 2	□ 3	□ 4	□ 5	□ 6	₋ 7	□ 8	□ 9	□ 10